

Walk Your Way Through The Holidays

How many steps can you take from 25 Nov 2011 - 2 Jan 2012?



Welcome from the HAWC Staff!!

Last year we had a large number of participants register for Walk Your Way Through the Holidays. Our hope is that this program will help you increase your physical activity during the holidays, since studies suggest that this period of time is responsible for a large proportion of one's weight gain over the years. We hope you will all actively participate and attend the awards ceremony on 10 January 2012 at 1100 at the Crotwell Track.

Additionally, with the large number of participants we are requesting that you tally your total steps and steps per day when you turn in your log books at the end of the program. Log books can be turned in from 1/3/12 until COB, 1/5/12.

You may register at the HAWC from the 16th through the 23rd of November. If you have any questions, please call 376-3170. Also, call to register for our "Holiday Survival Eating" Class to be held 17 Nov 11 at 1130.

Thank you for participating and Happy Holidays!

- HAWC Staff

AWARDS

Medal

All who complete the 6 weeks and return the log book

Gold Medal: Average 12-14,000 steps per day

Silver Medal: Average 10-12,000 steps per day

Bronze Medal: Average 8-10,000 steps per day

T-Shirt

All who complete the 6 weeks AND attend the Awards Ceremony/Walk



See link for more info and walk schedule: <http://www.keesler.af.mil/units/keeslerhawc.asp>



Bod Pod Appointments



Latest Technology

16 Nov 11 @ 0800 - 1100; 1300 - 1630
17 Nov 11 @ 1300 - 1630
18 Nov 11 @ 0800 - 1100; 1300 - 1530
21 Nov 11 @ 1300 - 1630
22 Nov 11 @ 0800 - 1130
23 Nov 11 @ 0800 - 1300

This year, take advantage of the opportunity to assess the impact of the holiday season on your body composition with the Bod Pod technology at the HAWC. Walk-in hours to obtain your “pre-holiday” measurement will be offered at the times listed above.

*****Please note: You must fast from food & all beverages, and avoid exercise during the 2 hours prior to measurement. Also, there are specific clothing requirements. Women will need to wear a 1-pc Lycra/Spandex bathing suit or unpadded Spandex shorts & sports bra; men will need to wear unpadded Spandex shorts. The procedure will last approximately 15 minutes.**

“Post-holiday” measurements will be offered during the first week of January 2012

[See link for more info and walk schedule:](http://www.keesler.af.mil/units/keeslerhawc.asp)
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The Health and Wellness Center will hold group walk/run sessions starting 28 Nov-28 Dec. The walk/runs will take place at the Crotwell track every Monday and Wednesday 1600-1700hrs. Bring your shoes and your water bottle!